

FOR IMMEDIATE RELEASE

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**EVERYONE'S FAVORITE FOOD NETWORK STARS HEADLINE
AT THE 2010 METROPOLITAN COOKING & ENTERTAINING SHOW**

DC's Hottest Chefs Showcase Their Expert Culinary Skills on the Bloom Cooking Stage

Washington, DC (September 30, 2010) – On November 13th and 14th, 2010, the Metropolitan Cooking & Entertaining Show will return to the Washington Convention Center for it's 5th year, dishing up mouthwatering cuisine and offering fresh cooking techniques to food lovers and entertaining enthusiasts alike. Both DC-based chefs and Food Network stars will be hosting cooking demos throughout the show which takes place from 10:00 am to 7:00 pm on Saturday, November 13th and 10:00 am to 5:00 pm on Sunday, November 14th.

In addition to appearances by Food Network stars Paula Deen, Bobby Flay and newcomer Rachael Ray, the show will offer cooking demonstrations by award-winning local and national chefs, a food and wine pairing with Chef Carla Hall & the Wine Coach® Laurie Forster, Cocktails with Todd Thrasher, Savvy Holiday Entertaining with Tara Wilson, product sampling and sales from 300+ exhibitors, the Beef Check Off Tastings and Entertaining workshops, the Just for Kids cooking area, and a beer, wine and spirits tasting pavilion. General admission tickets are \$20 in advance and \$25 on-site. Children ages 4 – 12 are \$10 in advance and \$13 on-site. Children 4 and under are free. General admission includes demonstrations and entertaining presentations on the exhibit floor. Additional tickets are required for the feature presentations in Celebrity Theater, the Food & Wine Pairing, Cocktails with Todd Thrasher, Savvy Holiday Entertaining with Tara Wilson, Just for Kids Interactive Cooking Area, and the Beer, Wine & Spirits Tasting Area.

The DC area's hottest chefs presenting culinary demonstrations at the upcoming event include:

Chef Victor Albisu, BLT Steak

Chef Cathal Armstrong & Todd Thrasher, Restaurant Eve, Eammon's, The Majestic

Chef Arthur Cavaliere, Central Michel Richard

Chef Scott Drewno, The Source by Wolfgang Puck

Chef Todd Gray, Equinox

Chef Carla Hall, Alchemy Caterers & Top Chef Season 5 Contestant

Chef Mike Isabella, Graffiato & Top Chef Season 6 Contestant

Chef Ramon Martinez, Jaleo

Chef Clayton Miller & Pastry Chef Chris Ford, Trummer's On Main

Chef Patrice Olivon, L'Academie de Cuisine

Pastry Chef Travis Olson, 1789 Restaurant

Chef Paul Stearman, Marcel's

Chef Nicholas Stefanelli, Bibiana

For more information about the show and to purchase tickets, please visit

<http://www.metrocooking.com>.

About The Tiny Kitchen, Inc.:

The Tiny Kitchen, Inc. is an integrated media company that is passionate about introducing cooking and entertaining enthusiasts to a delightful mix of products and services through The Metropolitan Cooking and Entertaining Show, The Tiny Kitchen Television Show, and The Tiny Kitchen Cookbook series. The Tiny Kitchen, Inc. provides the latest trends and ideas for cooking and entertaining with ease, while motivating ordinary people to have fun in their own kitchen.

For more information, visit www.metrocooking.com or www.thetinykitchen.com, or e-mail

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